

University of Texas Medical Branch Pulmonary Function Clinic Policy 03- 21 General Considerations	Effective Date: Revised Date: Review Date:	Nov 15 Aug 21 Sept 23
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## General Considerations for Lung Function Testing

**Audience** All personnel in the Pulmonary Function Clinic.

**Purpose** To provide general considerations for patient testing. Policy follows the American Thoracic Society (ATS) guidelines.

### Contraindications

Performing lung function tests can be physically demanding for a minority of patients. It is recommended that patients should not be tested within 1 week of a myocardial infarction. Patients with any of the following conditions listed are unlikely to achieve optimal or repeatable results.

- Chest or abdominal pain of any cause (i.e., angina, nausea, vomiting)
- Oral or facial pain exacerbated by a mouthpiece
- Stress incontinence
- Dementia or confusional state
- Sedation within the past 6 hours.
- Acute myocardial infarction within 1 week

### Patient Preparation

Patients should avoid the activities listed below. On arrival, all of these points should be checked, and any deviations from them recorded.

- Smoking within at least 2 h of testing
- Consuming alcohol within 4 h of testing
- Performing vigorous exercise within 30 min of testing
- Wearing clothing that substantially restricts full chest and abdominal expansion
- Eating a large meal within 2 h of testing

**This form documents the approval and history of the policies and procedures for the Pulmonary Function Laboratory. The Medical Director signs all policies verifying initial approval. Annually thereafter, the Director and/or designee may approve reviews and revisions.**

<b>Date</b>	<b>Approved by:</b>	<b>Signature</b>
11/17	A. Duarte, MD Medical Director Pulmonary Function Laboratory New policy	
8/19	A. Duarte, MD Medical Director Pulmonary Function Laboratory New policy	

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**8/21**            **A. Duarte, MD**  
**Medical Director Pulmonary Function Laboratory**  
**Changes to policy**

**9/23**            **A. Duarte, MD**  
**Medical Director Pulmonary Function Laboratory**  
**No changes to policy**